Colorectal cancer screening saves lives.

If everyone who is 50 years old or older were screened regularly, as many as 60% of deaths from this cancer could be avoided.

Among cancers that affect both men and women, colorectal cancer (cancer of the colon or rectum) is the second leading cause of cancer deaths in the United States. Every year, about 140,000 Americans are diagnosed with colorectal cancer, and more than 50,000 people die from it.

How Can You Reduce Your Risk?
The risk of getting colorectal cancer increases with age. More than 90% of cases occur in people who are 50 years old or older. Colorectal cancer screening saves lives, but many people are not being screened according to national guidelines.

If you're 50 years old or older, getting a screening test for colorectal cancer could save your life. Here's how:

- Colorectal cancer screening tests can find precancerous polyps so they can be removed before they turn into cancer. In this way, colorectal cancer is prevented.
- Screening tests also can find colorectal cancer early, when treatment often leads to a cure.

What Are the Symptoms of Colorectal Cancer?
Precancerous polyps and colorectal cancer don't always cause symptoms, especially at first. You could have polyps or colorectal cancer and not know it. That is why having a screening test is so important. Symptoms for colorectal cancer may include:

- Blood in or on the stool (bowel movement).
- Stomach pain, aches, or cramps that do not go away.
- Losing weight and you don't know why.

These symptoms may be caused by something other than cancer. If you're having any of these symptoms, the only way to know what is causing them is to see your doctor.
This spring, the Klamath Tribes have an exciting opportunity to gather information from Tribal members and improve our healthcare system, tribal programs, and other services we offer. It has been almost 11 years since we last conducted a BRFSS survey. The survey allows us to ask Tribal members what they need and gather suggestions for improvement.

Our plan is to survey adults 18 or older living in the Klamath Basin by phone. Tribal members who do the survey will receive a $20 gift card and a summary of the results will be presented at Tribal meetings later this year.

The BRFSS survey will be run by the Northwest Portland Area Indian Health Board (NPAIHB) cancer project staff. All information collected will remain confidential – no names will be given or other identifying data. Surveys will take approximately 25-30 minutes.

A letter from Tribal Council and Tribal Health is on the next page. It explains more about the survey and why we chose to participate. It can make a big difference for us all!
Greetings Tribal Members,

The Klamath Tribes are conducting an anonymous survey of tribal members called the Behavioral Risk Factor Surveillance System (BRFSS). This survey will help the tribe collect health-related information so services and programs can be adapted to meet our needs. The information is also vital for our grant writing efforts so we can secure funding for current and future tribal programs. We are partnering with the Northwest Portland Area Indian Health Board (NPAIHB) on this project.

The Klamath Tribal Council approved the BRFSS project questions that will be asked during the survey, as well as approving the release of contact information for enrolled tribal members to NPAIHB. The project has been reviewed by the Portland Area Office Indian Health Service (IHS) Institutional Review Board (IRB) and all project staff will be held to strict confidentiality when handling Klamath Tribes contact and health information.

The NPAIHB staff will attempt to contact tribal members over the age of 18 living in the Klamath Basin via telephone over this coming spring. The initial call will be to set up a time that is convenient to take the 25-30 minute survey. Your participation is completely voluntary, though we encourage you to participate in this process and provide as much information as you can.

The information you give will be kept completely confidential. None of your personal identifying information will be connected to your answers. The data will be returned to the tribe in a format that does not allow the information to be traced to any individual tribal member - no one will be able to trace any of your answers back to you.

Once our data is collected we will have community meetings to share the results. For participating, we will send you a $20 gift card as we know your time is valuable and hope you will accept it as a small token of our gratitude. We are a strong tribe and together we can assure our healthcare needs are met for future generations.

Gary Frost, Tribal Chairman
The Klamath Tribes

Leroy Jackson, Jr., Health General Manager
Klamath Tribal Health & Family Services

501 Chiloquin Blvd. - P.O. Box 436 - Chiloquin, Oregon 97624
(541) 785-2219 - Fax (541) 785-2029
We would like to acknowledge our hard working providers. Currently, the clinic is down by two physicians, yet, business is as usual. Our providers are dedicated to seeing and caring for our patients, whether the patients are scheduled in advance, same day or squeezed in. Our providers have a huge work load and often have to work through lunch breaks (as do nurses) but they keep on keeping on. Our nurses too, are over worked, yet, we too, keep giving our patients the best of ourselves. I salute our medical team and hope others appreciate all that is done for our patients and our community.
MAY  Asthma Awareness Month

What is Asthma?
Asthma is a serious, chronic, respiratory disease that makes breathing difficult. Asthma can affect people of all ages and gender. Asthma causes swelling of the airways. The muscles surrounding the airways become tight and the lining of the air passages swell. The amount of air that moves in and out of the lungs becomes less and less, making it difficult to breathe.

Asthma causes and triggers
Irritants such as strong odors, mold, exercise, animals, pests, tobacco smoke, pollen, some medications, strong emotions, air pollution, foods and some medical conditions can trigger asthma.

Signs and Symptoms of Asthma
The person may develop wheezing, cough, shortness of breath and/or chest tightness. Symptoms may vary.

Asthma Diagnosis and Treatment
If you suspect that you or one of your family members has asthma, call the Klamath Tribal Health and Wellness Center to schedule an appointment. One of our healthcare providers will examine the person, run tests to diagnose asthma and determine if he/she has it. If asthma is diagnosed, there are different asthma treatments available to help improve quality of life and wellbeing.

Klamath Tribal Health and Wellness Center
330 Chiloquin Blvd. Chiloquin, Oregon 97624
Tel: 1-800-246-7894/541-783-3293 Fax: 541-783-3273
Father's Day is an occasion to celebrate the contribution that fathers and father figures make to children's lives. Fathers help their children develop morals and values as well as a belief system. An increasing amount of research on the roles that fathers play in families points to the significant ways they influence and affect the lives of their children.

**Fathers, with your influence be a smoke-free role model:**

- Don’t allow others to smoke in your home, vehicles, or around your children.
- Teach your children about the health risks of smoking and secondhand smoke.
- If you are a dad who smokes, quit now. It is the best thing you can do for your family.
- Children of parents who smoke are twice as likely to become smokers.

This Father’s Day, if you smoke, Klamath Tribal Health encourages you to model a healthy way of living for your children by quitting. And congratulations to the fathers who have already quit smoking!

If you are ready to quit smoking, call **1-800-QUIT-NOW (1-800-784-8669)** for free support, experienced counselors, a personalized quit plan, self-help materials, and more.

Submitted by Tobacco Prevention and Education Program
Tribal Men's Health Golf Retreat
Friday, June 7th, 2013 from 12:00 - 4:00pm
Harbor Links Golf Course
601 Harbor Isle Blvd (by Jeld Wen)

Come enjoy lunch, men’s health information, & 9 holes of golf
Golf carts are provided. Bring your own clubs.
A limited number of golf clubs are available to rent from golf course.
This event is for tribal men age 18 and older.

PLEASE RSVP
SPACE IS LIMITED
To reserve your spot call
Merritt Driscoll @ 541-882-1487 x 226

This event is proudly sponsored by
Klamath Tribal Health & Family Services
& Northwest Portland Area Indian Health Board

Submitted by KTHFS Health Education Department
### New Employees

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Place of Birth</th>
<th>Education</th>
<th>Prior Work Experience</th>
<th>Hobbies/Interests</th>
<th>Reasons for working at KTHFS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Merritt Driscoll</td>
<td>Tobacco Prevention and Education/ Maternal and Child Health Program Coordinator</td>
<td>New Orleans, LA</td>
<td>Masters in Public Health with a focus in Health Education &amp; Communication</td>
<td>U.S. Peace Corps in Tanzania, East Africa &amp; International Training and Education Center for Health</td>
<td>Running, hiking, playing basketball, spending time with family, and baking are a few of my favorites.</td>
<td>Seems like a good job opportunity to really expand as a dental assistant.</td>
</tr>
<tr>
<td>Stacy Lyon</td>
<td>Dental Assistant</td>
<td>Klamath Falls, OR</td>
<td>Dental Assistant Certificate, X-ray license</td>
<td>Dr. Warren Dental office and Foothills Dental</td>
<td>Camping, going to the lake, and hanging out with friends</td>
<td>Seems like a good job opportunity to really expand as a dental assistant.</td>
</tr>
<tr>
<td>Laura Snyder</td>
<td>Dentist</td>
<td>Albuquerque, NM</td>
<td>Doctor of Dental Surgery (DDS)</td>
<td>Taos/Picuris HIS, Jemez Pueblo and Kewa Pueblo</td>
<td>My 3 dogs, travel, outdoor activities, exercise, family, and friends.</td>
<td>IHS scholarship recipient</td>
</tr>
<tr>
<td>Brandon Tupper</td>
<td>Patient Benefits Clerk</td>
<td>Klamath Falls, OR</td>
<td>Attended KCC</td>
<td>Stay at home dad, Temp for tribal administration</td>
<td>Working out, watching sports, hanging out with my wife, daughter, and family.</td>
<td>I wanted a long term career that would help my people. Great to work with fellow tribal members.</td>
</tr>
<tr>
<td>Monica Yellow Owl</td>
<td>Prevention Specialist/Counselor</td>
<td>Klamath Falls, OR</td>
<td>Certified Alcohol and Drug Counselor (CADC1)</td>
<td>Klamath Youth Development Center as Family Care Specialist &amp; K.A.O.A. for 7 years.</td>
<td>Traveling, attending cultural gatherings, and camping.</td>
<td>Klamath/Modoc descendant, enrolled Pit River</td>
</tr>
</tbody>
</table>
How To Get The Most From Your Pharmacist

Tips from your pharmacist and the American Pharmacists Association

Who should you turn to with questions about your medicines? The answer should be your pharmacist but you may not know what your pharmacist can do for you. Your doctor and your pharmacist are a powerful team, working to ensure the best selection and management of your prescription and nonprescription medicines.

Taking your medication correctly is one of the best ways to decrease your health care costs. Each year, thousands of people end up in the hospital, fail to get better and waste money than because they did not take their medication properly.

Pharmacists are the medication experts. You might not realize it, but they do much more than count tablets and pour liquids. For each prescription dispensed, your pharmacist must check to see that the information provided by the prescriber is complete, that the new medication will not interact with other medications you are taking, that the medication and dosage are appropriate for your health condition and that you understand the proper way to store and take the medication.

Ultimately, you have the responsibility for managing your health care, but your pharmacist can help if you keep him or her up-to-date about your health and the medications you are taking. For this reason, it is important to use the same pharmacy for all of your prescription services, especially when seeing multiple health care providers. This ensures that your pharmacist has access to your complete medication history when checking for problems or possible interactions.

You should also check with your pharmacist before taking any nonprescription medication. Even though they do not require a physician's prescription, nonprescription medicines are powerful and can, if taken improperly, adversely interact with your prescription medications or badly affect another health condition. Make sure your pharmacist is aware of any allergies to medications so adverse reactions can be prevented.

By working together with your pharmacist, you can be sure that your medications are taken safely, effectively, and appropriately to maintain your good health. Pharmacists want you to know that they are always available to advise you about your medications.

Submitted by KTHFS Pharmacy Department
CALLING ON TRIBAL YOUTH

KTHFS Youth & Family Guidance Centers Prevention Program is seeking members for a Native Youth Advisory Council through our NARA Suicide Prevention Grant. This Council will be established to discuss, plan for, and address important issues facing Native Youth in the areas of suicide, underage alcohol use, drug use, and juvenile crime.

Please contact Monica Yellow Owl or Jared Hall @ 541-884-1841

Submitted by KTHFS Youth & Family Guidance Center
Youth & Family Guidance Center Taking Action!

In Honor of State Indian Day YFGC Prevention Program partnered with Mazama High School to host a WeRNative event. Over 45 youth were in attendance and received valuable information on Suicide awareness/prevention and supportive services available. Followed by a game of sweep the tipi, round dancing, and a T-shirt giveaway. The vision behind this event was to build camaraderie among the Native Youth, increase their awareness of Suicide, and reinforce the use of culture as prevention.

Youth & Family Guidance Center is pleased to announce that we are part of the “Address the Pain” campaign through Wynne Broadcasting. Community partners also include KYDC, LCS, and Klamath Behavioral Health. This campaign features radio ads, posters, and public speaking engagements to promote suicide awareness & prevention efforts.

>Tune in to 105.5 FM<
The Prenatal Care Program

NEEDS YOUR HELP TO RENAME OUR PROGRAM!

We are looking for a new, creative name for our Prenatal Care Program.

It's your chance to get involved and possibly win a $25 gift certificate to Walmart. All you have to do is submit your suggested name for our program and if we select the name you came up with, you will win!

The Prenatal Care Program is designed to be a bridge program to obstetric care. The program offers information and referrals to community resources to help prepare for the birth of your baby.

Services offered by Klamath Tribal Health & Wellness Center include:

- Routine prenatal check-ups up to 20 weeks, lab work throughout your entire pregnancy, and referral to dental clinic and specialists.
- Referral to the Maternal Child Health Cavity Prevention Program- those who meet the requirements of the program are eligible for a free diaper bag filled with a baby health kit, oral health accessories, baby blanket and more.
- Information about pregnancy, labor and delivery.
- HIV & Sexually Transmitted Infections (STI) testing and counseling
- Help applying for Oregon Health Plan (OHP), low or no cost health insurance for you and your family. This program is income based.
- Medical proof of pregnancy & referral to Women, Infant and Children (WIC)
- Full healthcare for you and your baby
- Family planning services and more!

Please send your name suggestions to: PrenatalCareProgram@gmail.com or send us a message on the KTHFS Facebook page. Thanks!
www.klamathtribalhealth.org
Visit our website to learn more about who we are and what we are doing
Dear Potential Participant,
The Klamath Tribes Diabetes Prevention Team is looking for volunteers to participate in our Diabetes Prevention Program (DPP).

What is the DPP?
The Diabetes Prevention Program is based on the findings of a national study that diabetes is preventable in those at high risk. The focus of the program is on making lifestyle changes to try to prevent diabetes.

What is Pre-Diabetes?
Pre-diabetes is a condition where blood sugar levels are higher than normal but are not high enough to be called diabetes.

Who can Join?
American Indian men and women age 18 or older who are eligible for services at KTH&FS and who have pre-diabetes.

What will I be Asked to do?
- Become more physically active and learn healthier eating habits.
- Attend 16 classes, one class per week, to explore ways to live a healthier life.
- Work with a Physical Activity Lifestyle Specialist (PALS) over the next three years to lose weight, get more active and be healthier!

How Can I Join the Program?
Let us know that you are interested in volunteering for the program by calling the following number and we will explain the project to you and answer any questions about the DP program.

For more information please contact:
Shawn Jackson at 541-882-1487 x 220.
Classes begin June 2013.
What Is The JVN Program? Why Should I Get Screened?

What does JVN mean?
JVN stands for Joslin Vision Network. It began as a four-year study. The program was conducted at a health care center serving 4,000 individuals with diabetes. This study demonstrated the program’s effectiveness at increasing access to nationally accepted standards of eye care and treatment to prevent blindness:

- 50% increase in annual eye exams.
- 51% increase in laser treatments to prevent blindness.
- Lower cost with quality equal to or better than a normal eye exam.

What is the JVN Program?
Our JVN Eye Care Program is open to those who have a diabetes diagnosis. The program is known as a Teleophamology program; which means images taken here at our clinic are electronically transmitted securely to the National IHS-JVN Reading Center in Phoenix, Arizona. Images are evaluated by an expert team of ophthalmologists, optometrists and clinical staff. They interpret images, identify specific levels of diabetic retinopathy and provide appropriate treatment guidance for each patient.

What is Diabetic Retinopathy?
Diabetic Retinopathy is damage to the blood vessels in your eyes. Almost all individuals who have diabetes will eventually develop damage to blood vessels in their eyes. The damage to the blood vessels can sometimes grow to dangerous levels, ultimately leading to blindness.

Why should I get screened?
Diabetic Retinopathy does not have any physical pain associated with it and individuals usually do not experience visual symptoms until it is too late to prevent. Absolute vision-loss is the result.

Joslin Vision Network:
A Diabetic Retinopathy screening program. Known to lower the risk of diabetic blindness by more than 95%.

Diabetic Retinopathy:
Can be caused by an increase in blood sugar; which thins the walls of the tiny blood vessels in your eye, causing them to burst. High blood pressure and high cholesterol levels also contribute to Diabetic Retinopathy.

Sign and Symptoms:
Diabetes can cause vision in both eyes to change, even if you do not have retinopathy. Retinopathy symptoms may include:
- Spots, dots or dark strings floating in your vision
- Blurred vision, changes from blurry to clear
- Blank or dark areas in field of vision
- Poor night vision
- Colors appear washed out or different
- Vision loss

JVN Eye Care Program
Schedule Your Appointment:
(541) 882-1487
Klamath Tribal Health and Wellness Center
330 Chiloquin Boulevard
Chiloquin, Oregon 97624

http://www.joslin.org/joslin_rising_network.html
http://www.ihs.gov/medicalprograms/diabetes/
Making Fry Bread More Healthy…
- Get more fiber by mixing whole-wheat flour with white flour
- Use vegetable oil instead of lard

What’s in it?
2 cups of whole wheat flour
2 cups of white flour
2 tablespoons of baking powder
1 teaspoon of salt
1/4 cup vegetable oil
1 cup of warm water

How to Make it?
1. Mix together whole-wheat flour, white flour, baking powder and salt
2. Add vegetable oil a little at a time
3. Slowly add 1 cup warm water, only adding enough to make dough stick together
4. Roll into fist-sized balls
5. Cover the bowl with a towel for 10 minutes
6. Pat dough out with your hands to the size of large pancakes
7. Pan fry in hot vegetable oil until golden brown on both sides

Nutrition Facts (for 1 piece):
230 calories, .5 grams fat, 49 grams carbs, 6 grams protein

To Make a Taco: Add beans, shredded lettuce, tomato and cheese on top of fry bread and enjoy.